

Italian Beef

From the Kitchen at

Milla Market



INGREDIENTS

2 x 3# Chuck Roast

4 Cups Beef Broth

2 tsp Basil

2 tsp Garlic Powder

2 tsp Onion Powder

2 tsp Oregano

2 tsp Parsley

2 Bay Leaves

2 tsp Salt

2 tsp Pepper

6-8

Yield

~ 5 MIN

Prep time

8-10 HRS

Total time

DIRECTIONS

Place chuck roasts in bottom of crock pot.

Pour broth overtop.

Sprinkle seasonings on top. Add bay leaves.

Cook on high for 8-10 Hours until meat falls off bone.

Remove bay leaves, de-bone, remove fat, pull meat, and serve or freeze.